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Secretary Donna Shalala
US Department of Health and Human Resources
200 Independence Avenue, SW
Washington, D. C. 20201

Dear Secretary Shalala:

I am writing to you as a concerned business owner and citizen on the issue of dietary guidelines.

We count on the government to use sound science and factual evidence when proposing changes to these guidelines. The ramifications of such recommendations are far reaching and need to be based on sound scientific fact.

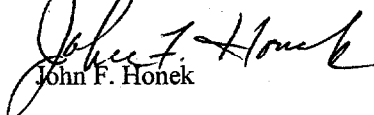
SUGAR is NOT the culprit !!! There is no scientific evidence to support this.

Maybe we should limit the time a person spends in front of a computer and recommend that an individual actually exercise there whole body instead of just their fingers and mind ! A little exercise would go a long way in curbing many of the health issues we face today.

Our livelihood is at stake. The proposed reduction in sugar consumption will affect our businesses, families, and communities. We are real people who have invested everything in farming. We put our trust in you to make informed decisions on issues that may destroy our way of life.

Thank you for your consideration.

Sincerely,

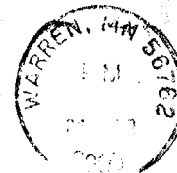

John F. Honek

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The Honorable Donna Shalala, Secretary
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Washington, D.C. 20201

